



Your complete outdoor site furnishing solutions
Bike Racks, Benches, Skateboard Racks, Trash & Recycling Cans

Bicycling in cold weather THE CHALLENGES AND THE BENEFITS

As the cold weather sets in, the switch from commuting by bicycling to other modes of transportation begins. Winter bike riding may sound challenging but it does have its benefits. Combat the winter blues and embrace the elements by continuing your bike riding routine. In our September Newsletter we discussed mental health and the benefits of bike riding. Winter bike riding can give you an energy boost and the ability to get fresh air outside during the colder months. It is proven to boost your mood, make you more productive, and aids in better sleep (thebici.com).

Additional benefits from riding are burn more calories, releases natural antidepressants in the brain, saves money, explore more places that are usually busy in the summer and can improve your self-confidence. (bicycleunivers.com; Sarah Flowers).

Winter bike riding doesn't come without its challenges. Freezing hands, fingers and legs are a factor that comes into play. It is important to find a balance in layering of clothing to keep a balanced body temperature. A little planning ahead of time will make for an easier commute. According to bicycleunivers.com there are two great tips to remember. One let a bit of air out of your tires. Very slightly saggy tires give you more traction. Two lower your saddle. A lower center of gravity will make your bike less wobbly which is easier to manage when you are riding on ice.

Bike maintenance is a must in the snow! Check out our October Newsletter to learn about "Keeping your bike in the best condition." A simple bike maintenance routine will keep your bike performing well during the cold wet, season.

Can bike racks be installed in the winter?

Surface mount bike racks can be installed on concrete in the colder months as long as the concrete is free of snow and ice.

For installation, Parkitect recommends that you provide an 8ft walkway between a building and our bike racks. Bike rack placement by doorways should be avoided when possible, if placement is needed then you should maintain a minimum distance of 24" from the edge of the door. Bike racks should be 24" from the curb if placed parallel to the road and 36" if placed perpendicular to the road way. This allows for bike parking on both sides of the bike rack and for safe movement around the bike rack. Keep bike racks at least 10 feet from fire hydrants.

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PARKITECT'S NOVEMBER SPECIALS



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